



EXERCISE WHEEL

WALK

BEGIN THIS EXERCISE ONLY WHEN YOU HAVE IMPROVED YOUR MUSCLE STRENGTH.

5-10 SECONDS 5 SETS.

INCREASE THE TIME UNTIL YOU CAN WALK 1-2 MINUTES WITHOUT STOPPING.

REST

REMEMBER TO REST BETWEEN SETS.

BREATHE CORRECTLY

BREATHE NORMALLY, DO NOT HOLD YOUR BREATH DURING THE EXERCISES.

EXERCISES

IF THERE IS ANY DOUBT ABOUT HOW TO CARRY OUT THE EXERCISES, PLEASE CONSULT THE PASSPORT.



The project has been 65% cofinanced by the European Regional Development Fund (ERDF) through the Interreg V-A Spain-France-Andorra programme (POCTEFA 2014-2020). POCTEFA aims to reinforce the economic and social integration of the French-Spanish-Andorran border. Its support is focused on developing economic, social and environmental cross-border activities through joint strategies favouring sustainable territorial development.



EXERCISE WHEEL

WALK

2 MINUTES 5 SETS.

WALK AT A PACE THAT ALLOWS YOU TO KEEP A CONVERSATION CONTINUOUSLY, BUT THAT COSTS YOU A LITTLE EFFORT.

FROM WEEK 7, WALK 3 SETS OF 8 MINUTES.

REST

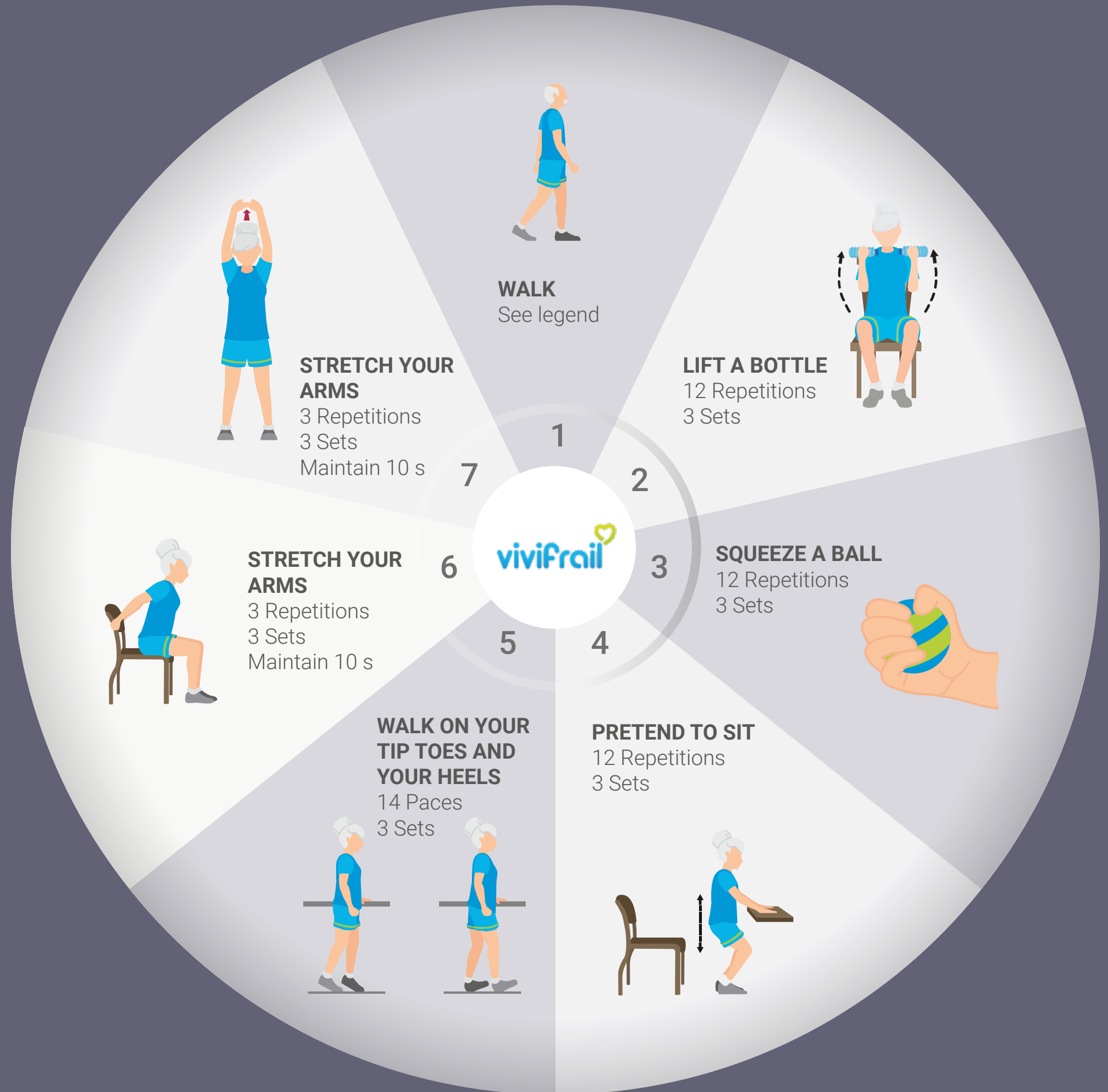
REMEMBER TO REST BETWEEN SETS.

BREATHE CORRECTLY

BREATHE NORMALLY, DO NOT HOLD YOUR BREATH DURING THE EXERCISES.

EXERCISES

IF THERE IS ANY DOUBT ABOUT HOW TO CARRY OUT THE EXERCISES, PLEASE CONSULT THE PASSPORT.



The project has been 65% cofinanced by the European Regional Development Fund (ERDF) through the Interreg V-A Spain-France-Andorra programme (POCTEFA 2014-2020). POCTEFA aims to reinforce the economic and social integration of the French-Spanish-Andorran border. Its support is focused on developing economic, social and environmental cross-border activities through joint strategies favouring sustainable territorial development.



EXERCISE WHEEL

WALK

110 MINUTES 3 SETS.

WALK AT A PACE THAT ALLOWS YOU TO KEEP A CONVERSATION CONTINUOUSLY, BUT THAT COSTS YOU A LITTLE EFFORT.

FROM WEEK 7, WALK 3 SETS OF 15 MINUTES.

REST

REMEMBER TO REST FOR 2 MINUTES BETWEEN SETS.

BREATHE CORRECTLY

BREATHE NORMALLY, DO NOT HOLD YOUR BREATH DURING THE EXERCISES.

EXERCISES

IF THERE IS ANY DOUBT ABOUT HOW TO CARRY OUT THE EXERCISES, PLEASE CONSULT THE PASSPORT.



The project has been 65% cofinanced by the European Regional Development Fund (ERDF) through the Interreg V-A Spain-France-Andorra programme (POCTEFA 2014-2020). POCTEFA aims to reinforce the economic and social integration of the French-Spanish-Andorran border. Its support is focused on developing economic, social and environmental cross-border activities through joint strategies favouring sustainable territorial development.



EXERCISE WHEEL

WALK

20 MINUTES 2 SETS.

WALK AT A PACE THAT ALLOWS YOU TO KEEP A CONVERSATION CONTINUOUSLY, BUT THAT COSTS YOU A LITTLE EFFORT.

FROM WEEK 7, WALK CONTINUOUSLY BETWEEN 30 & 45 MINUTES.

REST

REMEMBER TO REST FOR 2 MINUTES BETWEEN SETS.

BREATHE CORRECTLY

BREATHE NORMALLY, DO NOT HOLD YOUR BREATH DURING THE EXERCISES.

EXERCISES

IF THERE IS ANY DOUBT ABOUT HOW TO CARRY OUT THE EXERCISES, PLEASE CONSULT THE PASSPORT.

